

For Your Health...

The Mississippi Department of Health is providing this information to help college students understand the risks of certain vaccine-preventable diseases.

Meningococcal Disease, Hepatitis A, and Hepatitis B can all be spread from person-to-person contact. In addition, all three are vaccine-preventable.

To protect yourself against these diseases, you may want to consider vaccination. Hepatitis B vaccination is recommended for persons 18 years and younger, and should be considered for anyone at risk (see brochure). College-age students have among the highest rates of infection for Hepatitis A.

To determine if vaccination for these diseases is right for you, contact your private physician. Be honest with him or her regarding your activities, especially your sexual activities, so the two of you can make the best decision to protect your health.

As you read this brochure, pay close attention to the signs and symptoms, as well as the risk factors. After all, it's for your health.



For Your Health



Important Facts for College Students about Meningococcal Disease, Hepatitis A, and Hepatitis B

MISSISSIPPI DEPARTMENT OF HEALTH

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Immunization

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Presented by the
Mississippi Department of Health
Institutions of Higher Learning
Community and Junior College Board

Meningococcal Disease

Signs and Symptoms

- Fever
- Headache
- Stiff neck
- Nausea/vomiting
- Rash

Long-term effects

- 10% – 15% fatality rate
- 10% – 15% of survivors have serious complications

Transmission

Via air droplets or direct contact with a person carrying the bacterium (including sharing cigarettes, cups and lip balm); person may or may not appear ill

Who needs vaccine?

- College freshmen, especially those living in residence halls, should consider vaccination
- Persons traveling to sub-Saharan Africa



Hepatitis A

Signs and Symptoms

- Abrupt onset of fever, nausea, vomiting, diarrhea, or stomach pain
- Loss of appetite
- Jaundice (yellowing of eyes, skin)

Long-term effects

Generally none, though 15% of infected people can have prolonged or recurring symptoms for up to nine months

Transmission

Primarily fecal-oral by person-to-person contact or ingestion of contaminated food or water

Who's at Risk?

- Household and sexual contacts of infected persons
- Injecting and non-injecting drug users
- Persons traveling to developing regions of the world

Prevention

- Hepatitis A vaccine
- Good personal hygiene



Hepatitis B

Signs and Symptoms

- Frequently none
- Otherwise, similar to Hepatitis A

Long-term effects

Chronic infection may lead to liver disease and possible death

Transmission

Sexual or household contact with an infected person. Normally spread via blood or body fluids such as through unprotected sex or by the sharing of needles

Who needs vaccine?

- Recommended for all persons eighteen years of age and younger
- Persons with multiple sex partners or diagnosis of a sexually transmitted disease
- Men who have sex with men
- Sex contacts of infected persons
- Injection drug users
- Household contacts of chronically infected persons

